

FIONA TUCK

NUTRITION WELLNESS YOGA



Grilled Pineapple Skewers

Ingredients:

1 small pineapple, peeled
Juice from 2 limes (about 1/4 cup)
1/2 teaspoon cinnamon
1 tablespoon rice malt syrup or honey
Fresh mint to serve

Prep: 10 mins

Cook: BBQ

Directions:

1. Peel and cut pineapple in half lengthways, then cut each half into quarters. Remove the tough inner core part then thread each piece onto a skewer. In a small bowl mix together the lime juice, cinnamon and rice syrup or honey.
 2. Baste the pineapple pieces in the glaze.
 3. Preheat a barbecue or a grill-pan over medium high heat.
 4. Grill pineapple skewers for a minute on each side, until lightly caramelised.
 5. Serve with fresh mint leaves. Store leftovers in the fridge for up to 5 days.
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